

Westminster Council on Aging September 2021 Newsletter

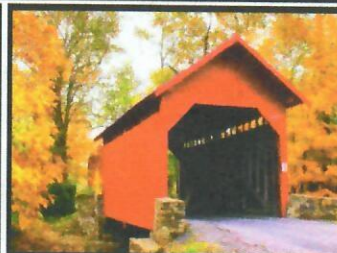
69 West Main Street, P. O. Box 212, Westminster, MA 01473



978-874-7402



**Happy
Birthday
To Seniors
Celebrating
In September!**



**HAVE A
SAFE & HAPPY
LABOR DAY!
MONDAY,
SEPTEMBER 6**



Let's Go To The Hop! **SOCK HOP~CRUISE IN**

**Monday, September 20
1:00-3:00 pm
Westminster Senior Center**

Join us for Music, Dance, Games, & Prizes!

MUSIC BY: CRYSTAL ENTERTAINMENT

Light Refreshments ~ 50's Style!

Dust off your Saddle Shoes, Poodle Skirts,

Dig out your School Ring, & Yearbooks!

Prizes will be awarded for the above & much more!

SPONSORED BY:



Elizabeth Kalmansson, Attorney at Law

Elder Law | Wills | Trusts | MassHealth Planning & Applications

It is important to have a plan for the future. With a few simple documents, we can help to ensure that you and your estate will be taken care of according to your wishes. Our basic estate planning package is sufficient for most clients and very affordable.

Law Offices of Kalmansson & Kalmansson e: elizabeth@kalmanssonlaw.com
48 West Street p: 978-343-7772
Leominster, MA 01453 w: kalmanssonlaw.com

Clarity. Confidence.

You deserve a bank that actually cares.

Fidelity Bank

Helping you get where you want to be™



Call 800.581.5363

FidelityBankOnline.com



FORBES LANDSCAPING

Spring Cleanups

Lawn Maintenance & Installations
Patios & Walkways • Stone & Block Walls

FREE ESTIMATES • FULLY INSURED

978-855-4942



Heywood Wakefield COMMONS

An Assisted Living Residence

A New Place to Call Home
in a Community that Cares



To schedule a tour or for more information,
call Kristy Livingston at (978) 632-8292.

www.hwcommons.com

50 Pine Street • Gardner, MA • (978) 632-8292



Care Central VNA & Hospice, Inc.

Healthcare in Your Neighborhood

978-632-1230

carecentralvnahospice.org

Formerly GVNA HealthCare, Inc.

Skilled Homecare
Hospice
Adult Day Health Services
Private Duty Services
Healthy Families
Rehab Services
Support Groups

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

LPI is Hiring Ad Sales Executives

Full-Time with Benefits | Paid Training
Expense Reimbursement | Travel Required



Contact us at: careers@4lpi.com
www.4lpi.com/careers

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Duane Budelier** to place an ad
today! dbudelier@lpicommunities.com
or (800) 950-9952 x2525

Brenda Albert
REALTOR

LAER
REALTY PARTNERS™

Exceptional Service *Before, During & After* the Sale
I will help you with all of your real estate needs

(c) 978-621-3168 (o) 978-534-3100
www.URHomeTeam.com
email BAAlbert@LAERrealty.com
63 Merriam Avenue Leominster, MA 01453



**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**

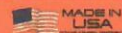


\$29.95/MO

BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA

PLUS
SPECIAL
OFFER



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM



GARDNER
Rehabilitation and Nursing Center

**Your Local Choice for
Quality Therapy Service**

Returning 95% of all admissions
back to the community



59 Eastwood Circle, Gardner • 978.632.8776 • GardnerRehab.com

SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Church Support 1-800-888-4574 • www.lpicommunities.com Westminster COA, Westminster 03-1136

TOMMY RULL, SINGER/ENTERTAINER
will perform his show
"A Musical Journey Through The Years"
for the Westminster Senior Center



Tuesday, October 19, 2021, 10:30 –11:30 a.m.

Westminster Senior Center

69 West Main St.

Westminster, MA 01473

*Take a walk down memory lane. Enjoy the music of Sinatra,
Neil Diamond, Kenny Rogers, Paul Anka, Barry Manilow,
Elvis, Perry Como, Lou Rawls, Engelbert . . . and many more!*



**"This program is supported in part by a grant from the Westminster Cultural Council,
a local agency which is supported by the Massachusetts Cultural Council, a state agency."**

*For a short video of song clips from Tommy's show
his home page is <http://www.tommyrull.com/>*



Free Blood Pressure Clinic with Eileen!
Every Third Thursday of the Month / 11:00 am-12:00 pm
Walk-ins Welcome!



**Bonnie from Baldwinville Skilled Nursing & Rehabilitation Center
will be providing Bingo snacks every first Friday of the month
starting September 3. Thank You Bonnie!**

The Westminster Senior Center will be closed on Monday, September 6, in observance of Labor Day.

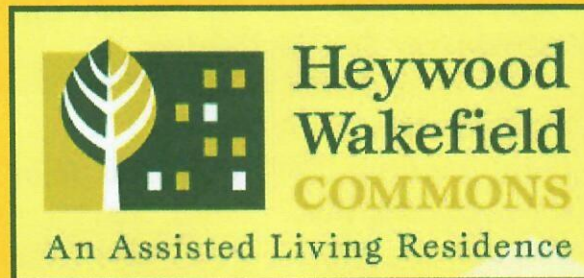
The Westminster Council on Aging Board Meeting will be held Tuesday, September 14, 11:30 am at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.



SPECIAL GUEST BINGO CALLER
At Westminster Senior Center
Friday, September 24
1:00-3:00 pm

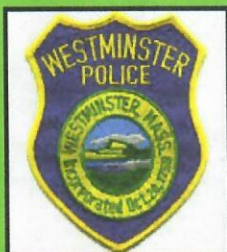


HOSTED BY OUR FRIENDS:

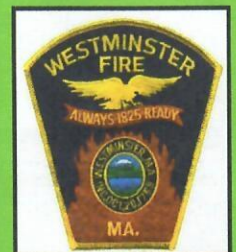


Coffee with the Chiefs

Thursday, September 23 / 9:00 - 10:00 am



Join Westminster
Police Chief, Ralph LeBlanc
Fire Chief, Kyle Butterfield



All are welcome to stop in at the Westminster Senior Center to personally meet with the Chiefs of your Town in a relaxed setting. Enjoy complimentary coffee while taking the opportunity to ask questions, voice concerns, and share community ideas.





**TUESDAY
SEPT. 28TH
11AM-12PM
WESTMINSTER
SENIOR CENTER**

**JOIN US AS WE CELEBRATE
NATIONAL SENIOR CENTER MONTH
WITH AN OKTOBERFEST GRAB & GO
SPONSORED BY OUR FRIENDS AT
THE GABLES ASSISTED LIVING
GARDNER REHAB & NURSING
CARE CENTRAL VNA &
FALLON HEALTH**

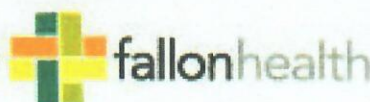
**PLEASE RSVP
978-874-7402**

**LIMITED
QUANTITIES
CALL EARLY
TO RESERVE!**



GRAB & GO SWAG BAGS

Your gift will include:
Lots of Company Goodies
Oktoberfest Swag
Facts & Trivia
Bavarian Soft Pretzel,
German Dessert,
and for the over 21 crowd
a can of
Oktoberfest Beer!



**Care Central VNA
& Hospice, Inc.**
Healthcare in Our Neighborhood

MAH JONGG FOR BEGINNERS

Make new friends and learn how to play American Mah Jongg, which derives from the ancient Chinese game. Classes will focus on the fundamentals of the game and how to play. By the end of four weeks, you will be ready to play with others for years of stimulating fun and socialization. Course objectives are to learn tiles, understand the card, and making hands to call "Mah Jongg!" The course will be using the 2021 National Mah Jongg card. Cards will be provided at a cost of \$15. Class size 12.



MEETING PLACE: WESTMINSTER SENIOR CENTER

MEETING TIME: MONDAYS, 1:00 –2:30 PM. FOUR WEEKS STARTING SEPTEMBER 13.

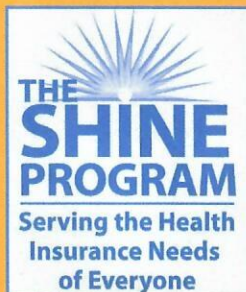
SCHEDULE OF TOPICS:

- Week One (9/13): History of Mah Jongg in America, the identification of tiles, & structure of the game.
- Week Two (9/20): Understanding the Mah Jongg card, breaking the wall, & the Charleston and passing tiles.
- Week Three (9/27): How to pick and discard tiles, identifying winning hands, & game strategies.
- Week Four (10/4): Supervised play, wall games, American Mah Jongg rules, & plan times to form games moving forward.

COURSE INSTRUCTOR:

Laura Arsenault B.A. Ed, Retired Boxborough Council on Aging Director, Westminster Oakmont Class of '77.

IF INTERESTED, PLEASE RSVP THE WESTMINSTER SENIOR CENTER 978-874-7402.



NEWS FROM SHINE

LOOK FOR IMPORTANT MAIL FROM YOUR DRUG AND HEALTH PLANS.

It's that time of year... If you have a Medicare Part D Prescription Drug or Medicare Advantage plan, your plan will mail you a document called the Annual Notice of Change (ANOC) by the end of September.

The ANOC is a summary of changes to your plan for 2022. Your costs (premiums, deductibles, and copays), covered medications, and provider networks may change from year-to-year. Make sure you read this important document and think about whether your plan will continue to meet your needs. If you do not receive it in the mail, call your plan and request another copy.

If you would like to change your plan for 2022, you may do so during the annual Medicare open enrollment period. You may make changes to your coverage between October 15 and December 7, and the changes will take effect January 1. SHINE (Serving the Health Insurance Needs of Everyone) counselors can help you to understand changes to your current plan, as well as discuss other options you may have. Don't wait: If you would like to meet with a SHINE counselor in person during open enrollment, make your appointment early by calling your local senior center. Also, you can contact the Central Mass SHINE Regional Office at 508-422-9931 or by email at info@shinema.org. There are also excellent resources online through their website at www.shinema.org and their introductory Medicare 101 webinars.

SHINE has certified counselors to help you with questions about Medicare. Their services are free and unbiased. They are able to discuss all options related to Medicare and additional coverage, and they do not sell any plans.

SEPTEMBER

Activities



Monday

Tuesday

Wednesday

Thursday

Friday

Humble dazzle of Autumn:

These leaves on the ground,
Each one a page in the book,
A poem that says "I Lived."

I was a small part of the whole story,
This is my song, this is my glory.

~ Author Unknown



*Turkey Corn Stew 1
9-11:30 Art
11:30 Lunch
12-3:30 Bridge

*Roast Pork w/Gravy 2
9-12 Wood Carving
9-11 WOW
11:30 Lunch
1-4 Crafts

*Chicken Meatballs 3
9-11:30 Art
11:30 Lunch
1-3 Bingo

CLOSED

*BBQ Chicken 6
9-11:30 Art
11:30 Lunch
1-3 Bingo

*Chicken Salad Plate 8
9-11:30 Art
11:30 Lunch
12-3:30 Bridge

*Beef Stew 9
9-12 Wood Carving
9-11 WOW
11:30 Lunch
1-4 Crafts

*Broccoli Bake 10
9-11:30 Art
11:30 Lunch
1-3 Bingo

*American Chop Suey 13
11:30 Lunch
1-4 Mah Jonng

*Chicken Marsala 14
9-11:30 Art
11:30 Lunch
11:30 COA Board Mtg
1-3 Bingo

*BBQ Roast Pork 15
9-11:30 Art
11:30 Lunch
12-3:30 Bridge

*Chicken Jambalaya 16
9-12 Wood Carving
9-11 WOW
11-12 Blood Pressure
11:30 Lunch
1-4 Crafts

*Meatloaf w/Gravy 17
9-11:30 Art
11:30 Lunch
1-3 Bingo

*Chicken Fajita 20
11:30 Lunch
1-4 Mah Jonng

*Beef & Lentil Chili 21
9-11:30 Art
11:30 Lunch
1-3 Bingo

*Grilled Chicken Breast 22
9-11:30 Art
11:30 Lunch
12-3:30 Bridge

*Salmon/Mixed Greens 23
9-10 Coffee w/Chiefs
9-12 Wood Carving
9-11 WOW
11:30 Lunch
1-4 Crafts

*Roast Turkey 24
9-11:30 Art
11:30 Lunch
1-3 Bingo

Autumn is Here!

*Lasagna Rollup 27
11:30 Lunch
1-4 Mah Jonng

*Chicken Teriyaki 28
9-11:30 Art
11:30 Lunch
1-3 Bingo

*Beef Burgundy 29
9-11:30 Art
11:30 Lunch
12-3:30 Bridge

*Chicken Piccata 30
9-10 Coffee w/Chiefs
9-12 Wood Carving
9-11 WOW
11:30 Lunch
1-4 Crafts



SUPPORT OUR ADVERTISERS!



This is your time to live well,
thrive, grow and belong.

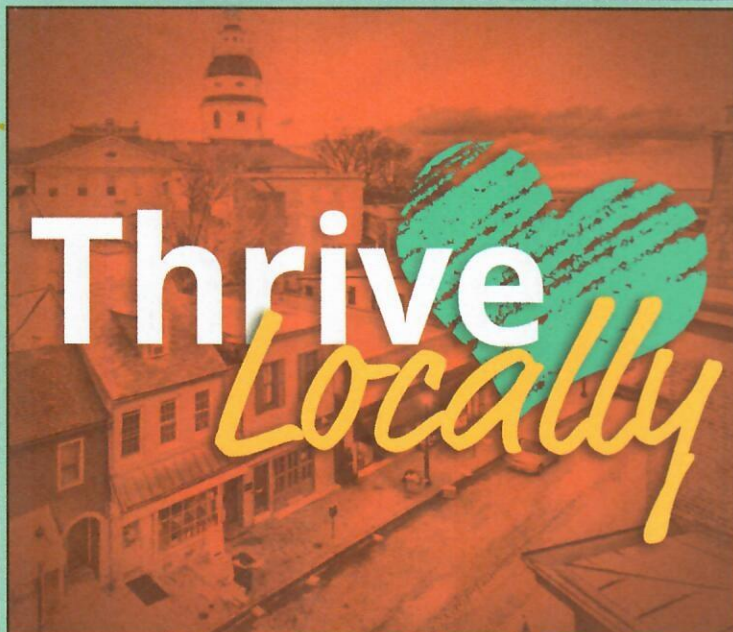
BENCHMARK
SENIOR LIVING
at LEOMINSTER CROSSINGS

1160 Main Street
Leominster MA
LeominsterCrossings.com
978.627.4967



Siding • Roofing • Windows
Decks • Remodeling • Doors

978-846-8422



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed
to you at www.mycommunityonline.com



Ad info. 1-800-477-4574 • Church Support 1-800-888-4574 • www.lpicommunities.com Westminster COA, Westminster 03-1136